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HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Food Issue

Hello Spring! We are happily farewelling Winter as the weather is warming up in Brisbane.

In this month's issue we delve deeper into the nutrition side of hair and scalp treatments, sharing Absolique Trichologist's knowledge on eating for hair and scalp health.

We share our happy hair results from our dedicated clients at Absolique, and give you some handy tips on how to eat for optimal health during the current cost of living crisis.

If there are any topics you would like covered, please let us know by contacting Absolique Trichologist via email -- info@absolique.com.au.

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Food for Hair Growth and Thickness

The key nutrients required to grow thicker, healthier hair



Food for hair growth and thickness can be complicated, with many things to consider. Most cases I help with hair loss, hair thinning and scalp treatment Brisbane, have underlining nutritional deficiency history.

As a Trichologist, I base food for hair growth on blood test results to provide what the body needs at a cellular level to function and support any deficiency or low that may be present. Food alone sometimes is not enough.

Nutrients for hair growth

The before and after story we refer to had 3 nutritional deficiencies that we worked with food for hair growth:

- Iron and ferritin deficiency
- Vitamin D deficiency
- B12 deficiency

All these nutrients are required in sufficiency for normal cell function. Low iron, low ferritin, low vitamin D and low B12 will disturb the hair cycle and cause diffuse hair loss, telogen effluvium.

When nutritional levels are not sufficient, meaning it is no longer deficient in the medical terms, but still low levels in functional terms, it can then result in hair thinning, the hair cannot grow back to its genetic hair type, diffuse hair thinning.

Top 5 foods to prevent hair loss

Don't fall into the trap of eating just for your hair. Food for hair growth should provide nutrition for the body. The body needs in order of importance, pH balance, minerals, essential fatty acids, vitamins, antioxidants, pre and probiotics.

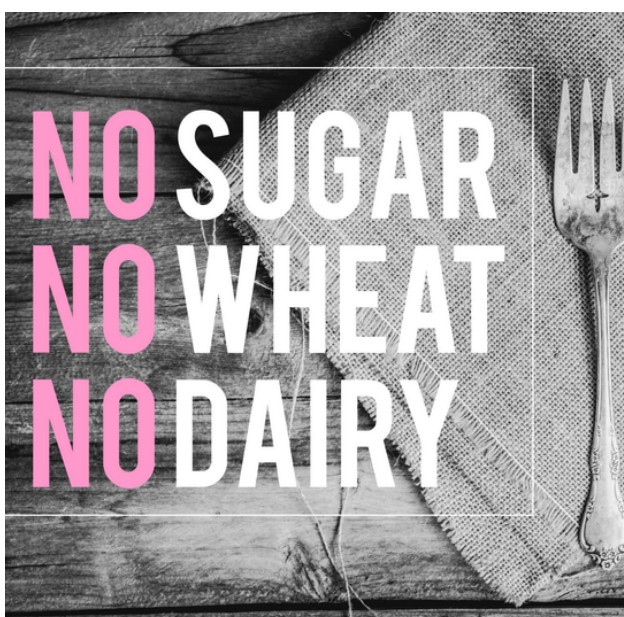
- Alkaline food for pH balance, non-starchy vegetables, and fruit
- Animal protein for minerals, hormone free
- Eggs, fish, nuts, seeds, coconut, avocado, safe oils for essential fatty acids (EFA's)
- Rainbow vegetables and fruit for vitamins and safe protein
- Vegetable, fruit and the EFA's for to make antioxidants
- Fermented food for natural pre and probiotics

If you can keep this food in balance, by eating different foods daily and weekly, practising food combining to ensure absorption, you may be able to meet your nutritional requirements with food. This can be complicated, so I suggest starting with one meal a day, combine fresh vegetables with clean hormone free protein, top with nuts, seeds, raw cold pressed oil and a small serve of fermented vegetables, yum!

Foods that cause hair loss

These foods won't make your hair fall out. But we put them here under foods that cause hair loss because they are nutrient robbers and will block all the nutrients from the meal you have anywhere near them. For those in a deficiency status or with inflammatory and autoimmune issues, avoid these completely.

- Gluten - we start off with the wheat first
- Dairy - culprits are lactose and casein
- Sugar - the man-made type, natural sugars are ok



If you are consuming these nutrient robbing foods, you are setting yourself up for malabsorption. You will get calories from the food but nothing else. These foods also cause leaky gut and inflammation. There is scientific evidence, and a lot of it, even if you are not feeling ill effects from eating these foods, they are damaging you internally.

Super important to avoid these foods at any meal you are taking nutritional supplements with. Start with one meal a day.

Low iron and hair loss

Food for hair growth needs to consider both low iron and low ferritin can cause hair loss and hair thinning. Iron is from what you eat. Ferritin is the storage of your iron. Eating iron is the first step. Absolique Trichologist can provide you with a document to help understand what iron is and how to eat, we call it 'Food for Ferritin'. Following the 5 foods to prevent hair loss above and foods that cause hair loss will also help. Email Absolique Trichologist for a copy of food for ferritin and a recipe booklet to get you started.

Vitamin D deficiency hair loss

Vitamin D deficiency hair loss is real. The human body needs vitamin D so much, more than the medical community yet know. Vitamin D cancer research from 8 years ago and again more recently with covid, show our sufficient levels are much higher than anticipated. Vitamin D deficiency is common and is contributing to hair loss, skin conditions, autoimmune diseases, hormonal problems, and lowered immunity.

Low levels of vitamin D disturb the hair cycle. Hair is non-essential to health, so the vitamin D will go where it is needed the most. In a deficiency status, there will be physical hair loss, pattern hair loss, alopecia hair loss and skin conditions all at once. One of the tell-tale signs is extra oily scalp and skin. The body signs of low oil, vitamin D is a fat/oil soluble vitamin, is extra oil.

Anaemia hair loss

Anaemia hair loss is related to B12, iron and haemoglobin. When told you are anaemic, you should check all of these in your blood tests. Food can help raise both iron and B12 to overcome anaemia hair loss. Low B12 on its own without anaemic state can also cause hair loss. All of these nutritional lows disturb the hair cycle resulting is the diffuse hair loss, telogen effluvium.

Diet for hair growth

The best diet for hair growth is a balanced diet. Use the tools we have provided above, pH balanced food, food combining as per the pH scale, check bloods for your individual nutrient levels, fill the gaps, use supplements where needed.

Avoid nutrient robbers, and avoid processed packaged and junk food, it is not real food anyway.

Best food for hair

Best food for hair is real food. Don't overcomplicate things, get back to basics, look for clean animal proteins, hormone free and combine with non-starchy vegetables in one meal a day. Another meal can be the carbohydrates with plant proteins, they work so well together. Then another meal or snack can focus on essential fatty acids.

Be careful not to get consumed with food. If you take it too far it can cause food stress, that does not help with absorption. Baby steps, ne meal at a time and create habits that stick and become lifestyle.

Trichologist

As Absolique Trichologist I help people all around the world find solutions to hair loss, hair thinning and scalp conditions. This story was based on a client who worked with her family, husband and two young children, to fix her food. We provided supporting nutrition with green drink, minerals, iron, vitamin D and B12 supplements.

The result over 4 months was impressive, see what you can do when you provide the body with the simple nutrients it needs.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist

Hair Transition with Nutrition

Nutrition for your hair



Before



After

Nutrition for your hair should be nutrition for your body. The story we share today was a hair transition with nutrition and some topical hair loss treatment. Because of some deficiency status here we need to use nutrition from supplements and nutrition from food.

To achieve hair transition with nutrition and nutrition for your hair in the presence of nutritional deficiency, both food and supplementation are required. Food alone cannot fix a deficiency and supplements alone cannot fix a deficiency.

Best nutrients for hair growth

The best nutrients for hair growth will support and correct cellular health. Here we had 50% breakdown of hair health at a cellular level, this resulted in diffuse hair loss and diffuse hair thinning. This then led to early onset male pattern hair thinning.

Cellular health, correcting a hair cell and the hair cycle need, in order of importance, these best nutrients for hair growth, in a pH balanced environment:

- Body pH balance
- Minerals, 60-80 essential minerals required by body cells every day
- EFA, essential fatty acids
- Vitamins, both water and fat soluble
- Antioxidants
- Pre and probiotics

Best nutrients for hair growth will include all of these in balance. Minimum one meal a day is required to support nutrition and nutrients for hair growth. Most people are not getting once decent meal a day to support the body health let alone hair health.

Food for healthy hair and skin

Examples of food for healthy hair and skin should include the best nutrients for hair growth. Body pH balance can be checked and amended with [Easy pH test kit](#).

Essential nutrients for hair growth



- Minerals can be found in clean animal proteins and plants that have been fed all the minerals, not just selected fertilizers, coconuts and very mineralised as is safe natural salt.
- EFA's are found in wild caught fish, pasture raised eggs, clean animal proteins, coconut, cold pressed oils, avocado, nuts, and seeds.
- Most vitamins are found in fresh, raw, vegetables and fruit, some like vitamin D and vitamin K the body cannot make and need to come from other sources.
- The body should make antioxidants if all the above is in order.
- Pre and probiotics can be found in high fibre natural foods and fermented foods.

It is possible to achieve food for healthy hair and skin with a balanced and variable diet. But when deficiency or specific problem is present, supplements may be required to achieve the desired result.

The best diet for hair growth follows food combining.

Food combining is covered in the easy pH test kit. Food combining is the best diet for hair growth because it assists nutrient absorption when eating the right food. It is not just what you eat, but also what you absorb.

Food combining is simple, animal proteins and acid foods are combined with alkaline and non- starchy or non-carbohydrate foods. Example of best diet for hair growth:

- Beef, broccoli, cauliflower, carrot in one meal
- Chicken, capsicum, mushroom, onion in one meal
- Egg, avocado, spinach, asparagus in one meal
- Tofu, chickpeas, kale, rice in one meal

Food combining does not combining rice, pasta, or bread with animal proteins. These high carbohydrate foods are best eaten with vegetables.

Hair loss supplements – hair vitamins

Warning, hair loss supplements are very generic and generally only make hair grow faster.

They have nice hair, skin, and nail friendly vitamins, but do not correct hair growth problems. Most hair loss supplements and hair vitamins are also targeted toward pattern hair thinning and DHT inhibitors, most people don't need these.

Again, in this case it was a broken hair cycle, diffuse hair loss and diffuse hair thinning form the deficiencies that were the underlying cause. General hair vitamins cannot fix all these problems, are will they even absorb in such a problematic environment.

Hair nutrition for men – hair nutrition for women

Here we talk about the pattern hair tinning, which is not physical hair loss. You see in these pictures, there is a distinct pattern in the recessions and top, even after the first 4 month of hair loss treatment with nutrition.

You need to correct the hair cell and hair cycle first...

or at the same time as using DHT related hair growth treatments. Hair nutrition for men and hair nutrition for women with pattern hair thinning should avoid hormones in food, particularly animal proteins.

- Grass fed beef
- Hormone free chicken
- Pasture raised lamb
- Pasture raised chickens for eggs
- Wild caught fish

Sadly, hormones in our food is a real thing and it does contribute to the early onset of both male and female pattern hair thinning.

Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist



Eating for Scalp Treatment

You aren't just what you eat, but what you absorb



Before



After

Eating for scalp treatment can be the one thing many have not tried to resolve scalp conditions. Eating better for scalp treatment can be a game changer. For general scalp problems, avoid inflammatory foods, high acid foods as per [Easy pH test kit](#), junk food processed food and packaged food.

Autoimmune, scalp problems such as psoriasis, seborrheic dermatitis and eczema, require eating for scalp treatment to also avoid gluten, dairy, and sugar.

Scalp nutrition

Scalp is skin. Scalp nutrition needs to come from cellular nutrition. Body pH balance will help here along with scalp nutrition essentials to look out for in food when eating for scalp treatment:

- Minerals
- Essential fatty acids
- Vitamins
- Antioxidants
- Water!!!

All these elements for scalp nutrition can come from diet. Clean water and enough water are important for scalp and health.

Better food for scalp condition

When looking at better food for scalp nutrition, it is easier to focus on what you can have rather than what you can't have. Keep things simple and start with one meal a day with better food and expand from there.

We all know what better food is, it's a matter of choosing the better food for scalp condition on purpose. Better food is also more healthy food with many more body benefits.

What is healthy food? Unpackaged, unprocessed food in its natural state is a good place to start. Clean animal proteins, essential fatty acids from nuts, seeds, cold pressed oils and coconut. Fresh rainbow of vegetables and fruit and the important clean water.

Food to cure scalp psoriasis

Scalp psoriasis is generally autoimmune, look for family history as it has genetic connections. Remission is the goal for autoimmune conditions, there is no cure. Food to cure scalp psoriasis for remission are best following both autoimmune and anti-inflammatory foods and lifestyle.

As Absolique Hair Health Clinic Trichologist, I have seen amazing scalp and body psoriasis transformations following food guidelines along with some topical treatment.

Best diet for dandruff – healthy scalp

Avoid the junk food, processed food, packaged food and the inflammatory gluten, dairy, sugar. Choose fresh, hormone free food in the correct food combination for better absorption of nutrients. Follow food combining with pH testing, combining acid foods with alkaline foods, this takes a lot of stress away from your overworked digestive system.

Scalp psoriasis natural treatment diet

You can seriously change your world with food. You will notice changes within weeks when combined with effective topical scalp treatment. Blood tests make a huge difference to look for lows and deficiencies that contribute to scalp conditions. Check for iron studies including ferritin, also B12 and Vitamin D.

If you have spent a fortune on all sorts of topical scalp treatments with little result, consider this natural treatment diet approach. Essentially, you are what you eat.

Dry scalp at home remedy

Topical dry scalp at home remedy scalp treatments can deliver scalp relief, but to really fix things, diet needs to change. Addressing nutritional lows, Vitamin D, EFA and dehydration are the most common underlying causes.

Diet, supplementation where required combined with topical dry scalp at home remedy will deliver the best results.

Trichologist

Absolique Trichologist can help you to combine topical and nutritional remedy for remission of autoimmune scalp conditions, psoriasis, seborrheic dermatitis, and clear up general scalp dandruff and oily scalp.

We can help with food guides, discuss daily food routines and offer healthy alternatives, along with prescriptive topical treatments for your individual scalp concerns. We typically see an improvement in scalp condition in as little as 2 weeks.

Ongoing health and topical treatments are sometimes required for autoimmune scalp conditions, but the big benefit is health.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

Cost of Eating Better

Absolique Trichologist's tips on budget friendly healthy eating



Eating better for healthy hair, scalp, skin, nails will also improve general health.

When teaching how to eat food for hair growth and thickness, hair transition with nutrition, nutrition for your hair and eating for scalp treatment, one of the common comments is the cost of eating better.

Healthy diet – cost of eating better

So here we are going to share the cost of eating better is not as expensive as you think.

As Absolique Trichologist I practice nutrition, food for ferritin, the art of absorption and food combining. I enjoy cooking and preparing good food for my body, but also understand many don't, so will keep things simple.

Cost savers include:

- Choose the odd bunch fruit and vegetables
- Only buy what is in season and on sale
- Build your menus around what is in the fridge, don't buy for the recipe
- Bulk up meals with pulses and lentils, chickpeas are good, buy dried, soak and cook
- Use cauliflower and broccoli stalks and stems, blend or finely chop, add to meals

Supermarkets have free magazines loaded with recipes, one is Woolworths fresh ideas with many recipes I can swap out ingredients but also a section with dinners under \$5 per serve.

Use left over dinners for lunch and bulk up with leaves, and avocado while still in season and cheap. Pumpkin is also a good filler and is not a heavy carbohydrate like potato, look out for cheap whole pumpkin.

Healthy eating plan – food swaps

One of the best tools available today is online recipes. You can literally type in any dietary dish requirements and come up with alternatives. The key here is leaning how to swap out ingredients or leave certain ingredients out altogether.

Food swap examples:

- Gluten – swap chickpea flour instead of normal flour, gluten free self-raising flour instead of normal self-raising flour
- Dairy – dairy substitutes, almond, oat, coconut milks, cream and yoghurt, lactose free dairy (only use occasionally as it still contains casein)

- Sugar – natural sugar such as stevia, monk fruit, raw sugar, natural honey, golden syrup instead of the very processed white sugar and artificial sugars

Gluten, dairy and sugar are the nutrient robbers, use healthy eating plan food swaps for better nutrient absorption that does not cost to eat better.

Food combining – healthy eating plate

Food combining is a way to eat to get the best nutrient absorption from your food and is based on pH test kit eating acid/alkaline food combinations. When eating animal protein (heme iron) avoid carbohydrates such as bread, rice, pasta and potato.

Food combining swaps when eating animal protein:

- Swap bread and put food in a bowl or on a plate
- Swap rice for cauliflower or broccoli rice, quinoa, or steamed veges
- Pasta swap is vegetable noodles like zucchini, bed of sauteed mushroom or capsicum, shredded cooked cabbage, lettuce and rocket work well here too
- Potato swaps, use pumpkin, carrot and other vegetables

Rice and pasta – the biggest problem I hear about is dropping to carbohydrate food fillers rice and pasta. When eating for food combining and absorption, they don't work with animal protein such as chicken, lamb, beef, eggs, fish. Here I would bulk the meal up with cauliflower rice, broccoli rice, chickpeas or other pulses and beans. They come dried and are very cost effective, can be used whole or ground down to bulk dishes up to save cost on the hormone free animal protein.

Balanced meal – examples from Woolworth fresh ideas free magazine August 2023

Thai style red curry chicken and noodle soup – swap out noodles for vegetable noodle alternative.

Greek style chicken & risoni bake with fetta – swap risoni for stem broccoli and stem cauliflower blended to resemble rice. Swap fetta for coconut yogurt, vegan nutritional yeast flakes, coconut chips or leave out altogether.

Then you have things like healthier baked eggplant with tahini sauce – no substitutes here, a perfect recipe until the end, where they put it onto Lebanese bread. Here I would simply serve it on a plate or make sure you choose gluten free version.

Healthier chicken schnitzel – nutritional yeast instead of parmesan, drop the apple, change yoghurt to lactose free or coconut, swap corn for low carb veges of any type, stir-fry works here or extra serve of the coleslaw.

As Absolique Trichologist I help people with hair loss, hair thinning and scalp conditions. Food and nutrition will always play a part along with select topical treatment. To really help you need to address symptoms and underlying causes, this will always deliver the best results.

Watch the article video on our
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@CarolynFrostTrichologist

Team News

Behind the scenes news and updates from the team at Absolique



We have been busy in clinic with assisting clients and behind the scenes of our social media pages bringing you informative videos and posts, answering some frequently asked questions about your hair loss and hair thinning concerns.

We have an exciting new hair product range coming delivering better hair health including new hair styling and thickening products, it all about how you want to look. Keep an eye out for your emails and our next newsletter for more details.

Don't forget we are operating under new reception hours until further notice.

New reception hours are subject to change without notice, so be sure to call ahead for product pick-up just incase! Carolyn will still be taking appointments on Fridays and Saturdays, but clinic is not open to walk-ins during those days.

Tuesday 10am - 4pm

Wednesday 10am - 4pm

Thursday 10am - 4pm

Friday & Saturday Reception Closed

Sunday-Monday CLINIC CLOSED